

# ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

JULY 2009

**Erin R. Graziani – Director**  
**Jean Baseel – Assistant**

**Ellington Senior Center**  
**16 Church Street – P.O. Box 187**  
**Ellington, CT 06029**

**Receptionist** – MaryAnne Mandell,  
Marcie Berticelli

**TELEPHONE NUMBER**

**870 – 3133**

**Transportation Program Secretaries:**  
Florence Brennan, Susan Shepard

**TRANSPORTATION**

**870 – 3137**

**Van Drivers:** Peggy Anderson and  
Kathy Sherokow

**To Access The Town Crier News &  
Calendar On The Town's Website:**

[www.ellington-ct.gov](http://www.ellington-ct.gov)

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

**Senior Center Hours:**

Monday: 8:30 am – 6:00 pm

Tues – Thurs: 8:30 am – 4:00 pm

Friday: 8:30 am – 1:30 pm

*Happy Summer Time – "Bravo" to all of our Ellington Singers for their performance in a singing competition held on June 18, 2009. We are very proud of you!*

*Please be sure to visit our flower and vegetable gardens here at the senior center. We thank Nancy Long and helpers, Mildred Schilphack, Carolyn and Walt Feldman, Dave Lehmann, and Sonoko Fagan for all of their "hands on work" helping to make our gardens beautiful. I would also like to thank Alice Texeria for her donations to our gardens.*

*The Ellington Senior Center would like to wish, one of our drivers, Annette Heim, Good luck and best wishes in all of her future endeavors. Once again, as always, let myself or Jean know of any new ideas or suggestions you may have for our senior center activities.*

*Erin*

**ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW****31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131**

**RENTERS REBATE:** The Human Services office is now taking applications for the State of Connecticut Renters Rebate program. If you are a renter age 65 or older, or are a disabled adult receiving Social Security disability, then you could be eligible for a “rebate check” from this program if you rented in Connecticut in 2008. **This program has income guidelines:** \$30,500.00 maximum earnings for a single adult in 2008; \$37,300.00 maximum earnings for a couple in 2008. You must provide proof of your 2008 earnings (SSA-1099 form and other income, and all rent and utilities you paid in 2008). Elderly applicants please call Anna Turner at 870-3131. Disabled adults call Doris Crayton at 870-3128 for more information or an appointment. This program ends on September 15, 2009. It is important you call soon to set up your appointment.

**TRIAD SENIOR SAFETY NEWS:** Next Meeting Date is Wednesday, September 9, 2009 at 2:00 p.m. Please call Anna turner at 870-3131 to let us know if you can or cannot attend.

A monthly news tidbit....

**Are you tired of solicitors calling you?** Then you should register for the “DO NOT CALL” registry. To do this you need to call:

- 1-888-382-1222 & *call from the telephone that you want to register to stop the solicitor calls.*
- To report telephone fraud complaints you need to call 1-877-382-4357

**Advice from the State Police:** There has been a rash of recent cars broken into in our area. The State Police recommend that you **NEVER** leave your wallet or pocketbook in your car when you are not in the car. Many of the cars that were vandalized were unlocked and folks had left their wallet or pocketbook in the car. Police recommend that you lock your car even when it is parked in your driveway. Any questions or concerns about this issue please call the State Police at the Ellington Police Department at 875-1522.

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**ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)**

Transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS is offered Monday - Thursday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

**VAN TRANSPORTATION**

Regular van service includes rides to the senior center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. *ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME*

**BOCCE BALL** – Held every Tuesday 10:30 a.m. at Snipsic Village (weather permitting). Libby McCarthy is our contact person. Everyone is welcomed to join in the fun. Transportation is available. Please contact the senior center at 870-3137 for any further questions.

**CARDS AND GAMES:**

<b>Bridge:</b>	Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta
<b>Bocce Ball:</b>	Tuesdays @ 10:30 a.m. (weather permitting). At Snipsic Village
<b>Canasta – “King’s Row”:</b>	Join Barbara Donohue and friends Thursday’s at 1:00 p.m.
<b>Dominos:</b>	First Tuesday of the month at 1:00 p.m.; come join the fun!
<b>Evening Cards: (Setback):</b>	Tuesdays and Saturdays at 7:00 p.m.
<b>MahJongg:</b>	Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.
<b>Pinochle:</b>	Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

**HEALTH & WELLNESS NEWS:**

**Blood Pressure Clinics & Diabetic Screenings** – Blood Pressure clinic and Diabetic screenings are held the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 1:30 p.m. – 3:00 p.m.: Van service is available.

**Exercise Class** – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

**Podiatry Clinic** – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. \*Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, July 1, 2009.

\* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

**Tai Chi Classes** – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner’s class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

**PLEASE REMEMBER TO FILL OUT A CURRENT MEDICAL WAIVER FORM AND PAR-Q FORM FOR ALL THE ABOVE MENTIONED CLASSES. Forms are available from our receptionists, Mary Anne Mandell or Marcie Berticelli.**

**GARDEN THYME** – Meets every Monday morning at 9:00 a.m. in our garden area. If you like to garden, come join us! Our gardens are always open for viewing. We take much joy in the maintaining of our flower and vegetable gardens.

**MEMORIES AND CREATIVE WRITING** – meets every month unless scheduled differently on the 3<sup>rd</sup> Thursday of the month in the main room of the senior center (1:00 p.m.).

- July's meeting is July 16, 2009
- A *special event* is planned for Sunday, July 19, 2009 (2:00 p.m. - 4:00 p.m) in our residential garden area, weather permitting. At that time, our "Hours of Time" Volume III will be on sale for a donation of \$7.00. We will be sharing readings by our authors and a volume signing activity hosted by the "Memories and Creative Writing" team. Light refreshments will be served. You will have an opportunity to meet this creative group and enjoy their readings from "Hours of Time." All are welcome.

**MUSICAL INSIGHTS** - Musical Insights would like to extend a thank you to our Town of Ellington First Selectman, Michele Stupinski for his presentation, at our June 15, 2009 meeting, of documents representing missing service men from the First World War and the Korean War. The information presented was very thorough, informative, and appreciated by our group members.

A sincere welcome and thank you are extended to Sherry Samborski, President of the American Legion Women's Auxiliary, who gave a wonderful overview of services performed by the ladies of the auxiliary. Much more than "just selling poppies."

Musical Insights will be on hiatus during the months of July and August of this year of 2009. There will be a planning meeting in July. It will be posted on our bulletin board. Your contact is Patricia Wassey-Stoughton. You may reach her at the senior center at 870-3133.

**OUT TO LUNCH:** "Out To Lunch" is held the second Tuesday of the month at 1:00 pm. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

**July- Roma Restaurant, East Hartford – 7/14/09**

**August – Chowder Pot Restaurant – 8/11/09**

**SEW & SO/CRAFTS:** Meets every Thursday morning at 9:30 a.m. Van service is available.

**SHUFFLEBOARD** – Every Wednesday at 2:00 pm. Shuffleboard is played in the main room of the senior center. We love to hear the laughter coming from the shuffleboard court! Van service is available.

**TRIPS:** With the welcome of summer, it is time for our Trip Coordinators to plan upcoming outings for the Ellington Senior Center. Look what we have!

- **Thursday, July 9, 2009:** “Connecticut River in Massachusetts.” Step aboard the *Quinnetukut II* and experience the stunning French King Gore and historic Barton Cove on a narrated 1 ½ hour cruise along the Connecticut River in Massachusetts. Lunch will be served at The French King, adjacent to the Connecticut River Gorge. Following lunch we will be making a stop at The Yankee Candle Company. Cost for this trip is \$66.00.
- **Thursday, August 20, 2009:** “Twin Lobster Feast” at the Hukelau in Chicopee, MA. The show will consist of beautiful dancers, soothing music and colorful costumes contrast with the exciting dance of Samoa, rhythmic drums of the Fuji War Dance and graceful Hawaiian Hula will both relax and excite you. This one will close early. Do not wait!! Cost is \$81.00 per person. Your main entree features a choice of (2) 1¼ pound twin boiled lobsters or an 8oz filet mignon with baked stuffed shrimp. The earlier you sign up the better our seats will be.
- **Thursday, October 15, 2009:** Before you know it, Oktoberfest time will be here. The Ellington Senior Center is presenting Oktoberfest at the Platzl Brauhaus in the Hudson River Highlands, Pomona, NY. The trip includes round trip motor coach, German entertainment which includes an “Oomph band & folk dancing,” outdoor activities, and a great luncheon wait for us. The menu will consist of your choice of a roasted half chicken or roast pork platter including potato and vegetable, dessert, coffee or tea. Also served family style will be bratwurst, spare ribs, red cabbage, and sauerkraut. There is still more, at 4:00 pm a standing steamship roast on a carving table will be offered along with apples, coffee, and tea. All this for the cost of \$74.00 per person. Meal taxes and gratuities as well as the drivers tip are also included in the trip price.
- **Monday, November 30, 2009:** For all of you who like to cruise or have maybe thought about taking a cruise, the Ellington Senior Center along with Cunard Cruise Lines presents a southern Caribbean cruise aboard the “Queen Mary 2.” This is an 11 day/10 night adventure. The cruise will depart out of New York, NY. Some of the ports visited along the way, along with the beautiful Atlantic Ocean, are St Maarten, Barbados, St. George’s Grenada, St. Lucia and St. Thomas. We require a deposit of \$600.00 per person double occupancy, and \$1150.00 for a single occupancy is required to secure these reservations and assign cabin numbers. Final balance for this trip is due August 1, 2009. For reservations or more information, please contact the Ellington Senior Center at 870-3133. Happy Sails!

**VARIETY SHOW REVUE:** Yes, we are already planning and working on our *2009 Variety Revue Show* to be held on Sunday, **October 4, 2009 (2:30 p.m.)**. As of this time, we are looking to hold the show at the Ellington High School. The Ellington Senior Center is pleased to announce that Amelia Kurpat is returning as the Show Director.

- Next meeting date is Wednesday, **July 15, 2009 (3:00 p.m.)** here at the senior center. Everyone is welcome to attend. Please come, listen and offer any ideas or suggestions you may have. We *WELCOME* new ideas!
- We are still in need of a few volunteers to help in some positions
- We are still looking for a comedy entertainer
- Volunteer and performer applications are available in the front office at the senior center

**NOTICE:** If you signed up as a volunteer or as a performer.....PLEASEST COME TO THE JULY 15, 2009 MEETING.

**VETERAN CONTACTS:**

**VFW** – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613  
**AMERICAN LEGION** – Al Lewandosky – Post Commander; Leonard Johnson – Services Officer at 871-1498  
**VETERAN’S AFFAIRS** – State Representative – Ted C. Graziani at 240-8531



We hope you are enjoying summer!!